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ABSTRACT

Parents across the nation are experiencing the phenomenon of adult children returning home to live with their parents after brief or extended excursions into independent living, or of adult children reluctant to move out until their financial or lifestyle expectations are guaranteed. Referring to these grown children as "nesters," this book addresses this widespread phenomenon with timely information and helpful advice. The book features comments from parents and their nesting children to explore all aspects of this difficult issue in a non-judgmental way. The three parts of the book explore American families as they have changed in two generations, the nesting phenomenon, and factors of seeking or regaining independence and moving on. The chapters are: (1) "Boom or Bust," on the two "generations" encompassed by the post-World War II baby boom and how financial and familial values changed from those of their parents; (2) "Contemporary Grown Children," including the influence of television and material wealth; (3) "Hanging onto the Family Home," examining both staying at home and returning home; (4) "Parents Raising Children...Again?," including grandparents raising grandchildren, and the advantages and disadvantages of nesting; (5) "Redefining the Family," exploring relationship roles and responsibilities; (6) "Communication," including assertive communication and listening, and problem solving; (7) "Choosing Not to Nest," exploring mutual emancipation, separation anxiety, and the college experience; and (8) The American Family: History Repeating Itself?" on the friendship between parents and adult children, and on dynamics of family that continue to change but also remain constant. Chapters 3 through 8 include quick tips for dealing with issues discussed. (Contains a 219-item bibliography.) (HTH)

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